

The logo features the word "SOCCO" in a white, rounded, sans-serif font, centered within a blue speech bubble shape. The speech bubble has a tail pointing downwards and to the left. The background of the speech bubble is a solid blue color, and the tail is a lighter shade of blue.

SOCCO

SOBER COLLEGE

SOBER COLLEGE

ACADEMICS • EMOTIONAL INTELLIGENCE • LIFE SKILLS • FITNESS • SOBRIETY

WHAT IS SOBER COLLEGE?

Is it a summer program?

Is it high school?

Is it treatment?

Is it college?

Is it school?

Is it rehab?

Is it inpatient?



YES!

The Sober College program is structured around Five Core Competencies: Sobriety, Life Skills, Productivity, Emotional Intelligence, and Fitness. Students learn how to become successful young adults through achievement in these competencies, making Sober College the ideal place to be in school, get sober, and have fun doing it!



Sober College at the annual Mud Run



We celebrate all milestones as a community.



Headquartered at Sober College and available exclusively to our students, BioClassics is a company that combines today's green technology with yesterday's automotive styling.



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THE SOBER COLLEGE DIFFERENCE

At Sober College we believe you should put your young adult in the hands of people who know, understand and are passionate about young adults.

A young adult's path to sustainable long-term sobriety and healthy living requires an approach that is comprehensive, specifically tailored to their age group and creates an emotional attachment to the idea of being sober. We have created a program of attraction based programming which is at the core of what sets us apart.

WHEN COMPARING SOBER COLLEGE TO OTHER OPTIONS CONSIDER THE FOLLOWING:

- **Age Specific Treatment** - we ONLY work with young adults ages 17-26.
- **Clinical Expertise** - psychiatry is provided by a board certified, on-site, psychiatrist and therapy is provided by clinicians that are licensed or license eligible
- **Individual Attention** - all of our participants have at least weekly meetings with their therapist, counselor, academic coach, and house manager.



- **Academic Excellence** - we are in full partnership with Woodbury University, a regionally accredited university and we have the ability to start our students in classes within one week of enrollment.
- **Vocational Ingenuity** - we are the first and only organization in the history of the world to build BioClassics, pre-1970 vehicles engineered to run on 100% bio-diesel, making them 100% green and eco-friendly. This exemplifies our uncompromising commitment to provide all our students with alternative and progressive learning options.
- **Competitive Athletics** - we offer competitive individual and team sports. Fitness options include but are not limited to martial arts, lacrosse, soccer, basketball, Pilates, yoga, spinning, boxing, racquetball, over 100 fitness classes, free weights, numerous cardio machines, hiking, mountain biking, hockey, dance, skiing and snowboarding, surfing, football and flag football.
- **Creative Arts Unlike Any Other** - we offer on-site 500 sq. ft. industry grade recording studio. We also have on-site film and acting classes with industry professionals, and a 4000 sq. ft. performance space, a full art studio live streaming talent show broadcasts, a creative writing club and so much more.



SOBER COLLEGE IN PARTNERSHIP WITH WOODBURY UNIVERSITY

ABOUT WOODBURY

Woodbury University is a private university located in Burbank, California. It was founded in 1884 and is one of the oldest institutions of higher education in Southern California. It is a WASC (Western Association of Schools and College) accredited school. Woodbury prepares innovative learners who are adept at communicating and are willing to cross the boundaries of traditional education in a rapidly changing and complex world. The integrated nature of their educational environment cultivates in students a strong enduring sense of personal and social responsibility.

THE PARTNERSHIP

The partnership between Woodbury University and Sober College has changed the way young adult treatment is viewed, placing Sober College on the front end of this movement to combine education and addiction treatment. No other rehab offers an onsite collegiate experience where residents can earn up to 15 college credits from an accredited university. Sober College is drug rehab and college all under one roof.

BENEFITS OF THE CURRICULUM

Sober College teaches five Woodbury courses on campus. Public Speaking, Creative Writing, Sociology: Drugs and Alcohol in Popular Culture, Psychology of Personal Transformation, and Health and Wellness. These courses give students the opportunity to experience a true college setting, while learning study and life skills to continue on a path to higher education.

Professors for this program are Master's and Ph.D. level adjunct faculty at Woodbury University. The courses are designed to accommodate rolling admissions, so students are able to start classes immediately. Smaller class sizes allow students to receive more personal attention during and after class. It also assures that students will not have to drop a class due to clinical issues that arise in early sobriety. The Woodbury courses offered at Sober College are tailored to help our students become reinvigorated with the motivation for success.

CERTIFICATE OF GENERAL STUDIES

Upon completion of the five courses, Sober College students can earn the Certificate of General Studies from Woodbury University. The Certificate of General Studies provides students with a semester's worth of college credits to take with them when applying to colleges and universities. Another benefit of the program is that those students who complete the certificate with a 2.5 GPA or higher will earn guaranteed admission to Woodbury. This program is designed to help students with poor academic records move directly to a four-year institution based on their grades in the certificate program. Supportive services are offered on-campus for students who transition from Sober College.



ACADEMICS &

Each student receives a customized learning experience using accredited curriculum, individualized and group instruction, and cutting edge technology.

ACADEMIC TRACKS OFFERED AT SOBER COLLEGE

In coordination with many accredited educational facilities, Sober College offers:

- High School Return/High School Completion
- GED Preparation and Completion
- College Courses /College Planning
- High School to College Transition
- College Return/ College Transfer

UNIQUE EDUCATIONAL PROGRAM

Sober College students receive a customized learning experience using accredited curriculum, individualized and group instruction, and cutting edge technology. Many students come to Sober College without education aldirection or motivation and our expert staff work with each student to get them on the appropriate track. Our Academic Director and Academic Coaches continue to support and guide each student on their academic journey through out the time at Sober College. They also work closely with each student to create academic or vocational plans for their discharge. In addition, all of our college courses are taught with rolling admissions in order to accomodate the individual academic needs of each student.

INDIVIDUALIZED ACADEMIC PLANS

Every student is evaluated within his or her first week of admission and an individualized academic plan is created. Our Academic Department takes into account past educational experience, learning strengths and weaknesses, and academic needs, to determine what courses would be most effective and beneficial for each student. The Academic Department also works directly with the Clinical Department to incorporate all relevent assessment results into the student profile.

HIGH SCHOOL DIPLOMA COMPLETION/GED

For those students needing to complete high school, we offer a variety of options. Many of our students home high schools will work with our Academic Department to help the student complete the work from a distance or to transfer credits back toward their home school diploma. Students without that option will be enrolled in a local charter school which accomodates independent study and rolling admissions. In both scenarios, we have had a lot of success using our college courses to obtain dual credit towards their diploma. Finally, those who wish to complete the GED will work with an academic coach to take diagnostic exams. We also aid them through the sign up process as well as guide in test preperation strategies.



VOCATIONAL

The Vocational track is designed for students who are searching for employment. We help students discover their passions in order to find them a career path they will find exciting and engaging.

DISCOVERING YOUR PASSION

Sober College is dedicated to helping young adults become successful vocationally as well as academically. During a residents initial academic evaluation, we use three different assessments to help each resident discover what areas of study or vocation are a good fit for them, and which to stay away from. If the resident's passion lies in a particular job field we take steps to help them move in that direction.

EMPLOYMENT PREPARATION

Throughout the Sober College program, residents are learning skills that will help them get a job and succeed at it. Once the privilege to get a job is earned, students work with their academic coach and counselor to effectively prep for a job search. Residents learn:

- Interview Skills
- Job Search Techniques
- Resume Building
- Accountability
- Professional Interview/Employment Attire
- Professional behavior/language



FINDING AND KEEPING A JOB

Once the preparation is done, our academic staff helps residents stay on track with their job search by organizing interviews, providing transportation, and staying in the loop. After interviews, residents meet with their academic coaches to go over the interview and discuss strengths and weaknesses and if necessary, go over what could be done better for future interviews.

Once a resident is working, Sober College helps them with transportation and implementing the skills they have learned to be successful at what their doing.

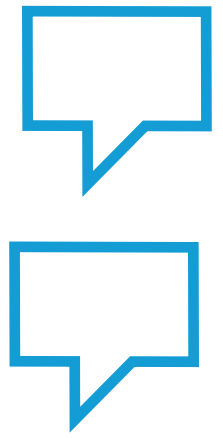
SPECIALIZED CAREER PROGRAMS/ INTERNSHIPS

Some resident's vocational goals require education outside of the traditional higher education system. Sober College helps residents with interests in areas including but not limited to:

- Automotive
- Film
- Music/Arts
- Personal Training
- Cooking
- Cosmetology
- Fashion



PSYCHIATRIC & CLINICAL



The essence of our approach lies in the availability of eclectically trained professionals to clinically capture teachable moments. Our team takes therapy “out of the office” and applies traditional techniques and time-tested methods in non-traditional ways.



PSYCHIATRICS

Staff psychiatrist Dr. Rebecca Reyes works with our population to provide psychiatric stabilization and management. Dr. Reyes is an experienced psychiatrist that has worked with alcoholics and addicts. Since Sober College is a dual diagnosis treatment program she works closely with the treatment team to effectively manage medication and mental health by incorporating progress reports in all areas.

INTENSIVE ASSESSMENT PROCESS

Sober College has a comprehensive and integrated clinical approach with licensed practitioners that specialize in addictive and co-occurring disorders in young adults, including recovery from eating disorders. The heart of our clinical approach is our treatment team mentality that utilizes a multidisciplinary approach based on comprehensive assessment and diagnostic criteria. We incorporate all prior psychological testing into every clinical profile, in addition to the assessments students will take during their first month at Sober College.

WEEKLY INDIVIDUAL THERAPY

Students participate in individual therapy on a weekly basis. The consistency of the meetings allows the student to develop trust with the therapist, leading to insight and healing. Processing at their deeper level moves students towards genuine growth and recovery.



THERAPEUTIC PROCESS GROUPS

Students have group therapy 4-5 times a week with a licensed therapist. This allows them to work through conflicts that occur throughout the week and creates a tighter and more intimate community. In any group living environment, conflict between residents is inevitable, but groups help them to work through and grow.

CHEMICAL DEPENDENCY COUNSELING

Certified drug and alcohol counselors manage student's overall progress during a student's stay. The counselor meets weekly with students to help lead them to make better life choices. Counselors play a key role for each student and are also the main point of contact for parents and loved ones.

THERAPEUTIC ENCOUNTER GROUPS

Sober College regularly involves its students in activities that are not only fun, but help students to develop emotional intelligence. Students participate in surfing, trapeze, sky diving, and equine therapy. These events are designed to evoke emotions and students participate in process groups after each activity to analyze their emotions.



ATHLETICS



Feeling good about oneself requires a holistic approach and includes physical health. The transformation process begins at the individual level with customized individual fitness programs that invite participation in a wide variety of individual and team athletics.



FITNESS AS A CORE COMPETENCY

We hold the conviction that health education and physical fitness play a key role in the recovery process and is one of the five core competencies that frame our approach to recovery. Besides the lasting health benefits that regular fitness activity provides, young adults in early sobriety use fitness as a source of accomplishment, and an outlet for stress and frustration. Overall, fitness helps young adults feel both better physically and emotionally as well as regulate their emotion.

Sober College students have access to a wide variety of physical activities designed not only to improve his or her health, but to lay the groundwork for a lifetime of fitness. Students are faced with physical challenges purposed to increase confidence and emotional growth.



WHAT WE OFFER

In order for residents to benefit from regular fitness, they need to have fun doing it. Part of what makes the Sober College Fitness Department successful is the plethora of fitness options available on a daily basis.

Our Students are provided with all the facilities, equipment, transportation, coaching and information they need to get fit and enjoy doing it. Outdoor activities are both a good source of exercise as well as therapy for our students. Our sports teams have the opportunity to compete with other high-ranking athletes. Our students learn to work as a team and to encourage one another while improving their health and having fun.

Facilities: Spectrum Fitness Club, Canoga Park, CA

- 100,000 sq. ft Sport and Fitness Complex
- Heated Lap Pool
- Full court Basketball Court
- 20 Racquetball Courts
- Over 100 Group Exercise Classes in 4 Studios, both Indoor and Outdoor
- Cycling Studio
- Squash Court
- 5,000 sq. ft. Free Weight Area
- Cardiovascular Equipment
- Sauna, Steam Rooms, and Jacuzzi

Individual Sports and Outdoor/Indoor Activities: Beaches, Rugged Santa Monica Mountains, Boulderdash Indoor Rock Climbing

- Horse Back Riding
- Cliff Jumping
- Muay Thai Kickboxing
- Golf
- Tennis
- 5-k races. Biathlons, and Triathlons
- Sky Diving
- Snowboarding
- Racquetball
- Softball
- Mountain Biking
- Hiking
- Surfing

Team Sports: Teams travel off-campus to compete in a variety of sports arenas.

- Lacrosse
- Soccer
- Football/Flag Football
- Basketball
- Hockey
- Baseball
- Softball

LIFE SKILLS



Achievement in Life Skills is arrived at through a combined practical and learning approach that focuses on staff directing residents through teachable moments.



CREATING A FOUNDATION FOR LIFE SKILLS ACHIEVEMENT

The Sober College Life Skills Infusion program teaches residents life skills they will need to succeed during and after their stay. Life Skills are taught through teachable moments which are in the moment constructive feedback to help correct behavior. It is within these teachable moments that students can make immediate corrections and get positive feedback to help strengthen healthy habits.

PERSONAL LIFE SKILLS:

Residents are responsible for taking care of their living space, and completing chores in all phases of the Sober College program. Many young people do not have skills yet that they will need when they are living on their own. Areas include:

- Laundry
- Budgeting
- Cooking
- Basic computer skills
- Shopping
- Hygiene and cleanliness
- Problem solving
- Time management
- Fiscal accountability



RELATIONAL SKILLS:

Sober College students reside in family style living environments. They are encouraged to develop healthy relationships with those both in and out of their living environment. This is encouraged through their counselor and therapist as well as teachable moments in the house. These are some of the skills addressed:

- Active listening
- Appropriate language
- Team work
- Self esteem
- Stress mgmt.
- Conflict resolution
- Anger mgmt.
- Assertiveness

PATHWAY FOR SUCCESS:

As residents progress through the Sober College program they will have the opportunity to live in a number of unique residential environments. These include primary residential housing, apartment-based living, sober living, community based independent apartment living, and aftercare support. Each residential level carries varied and unique life skills challenges that have the consistent theme of moving residents towards independence.



RESIDENTIAL LIFE



All Sober College residential environments are considered family-style and operate under sober living criteria. Staff is available for support and supervision 24 hours a day.



GENDER SPECIFIC HOUSING

We have separate living facilities for our male and female residents. There is limited, highly supervised interaction between both programs at the Learning Center, Community events, and some weekend activities.

IDEAL LIVING ENVIRONMENT

Young adults have the uncanny ability to “fly under the radar” and benefit from smaller, more intimate environments to help hold them accountable and make sure they get the attention they need. Students have their housemates as well as staff available for support around the clock. Sober College students are under supervision by trained staff 24 hours a day, 7 days a week to assure a safe, healthy, and nurturing environment.

FAMILY-STYLE LIVING

All Sober College residential housing is considered family-style. However, there is always trained staff present with the residents at the houses at all times. This family-style living not only optimizes efficiency and safety of each resident, but it helps cultivate true relationships between residents. The houses frequently participate in group activities and group therapy with one or more of the Sober College counselors. Outings, most fitness related activities, and outside meetings are attended by the entire household.



ACCOUNTABLE TO THE WHOLE

This family-style living environment encourages house members to hold each other accountable for their chores, actions, and as a result their sobriety. The bonds residents make with their housemates throughout the Sober College experience can build strong long-term friendships. Living in this environment teaches our students they are capable of having healthy relationships with both authority figures as well as their peers.

LIVING PROGRESSION

Designed for stays of three months to one year, a student's living quarter changes as their time at Sober College continues. Our program awards residents that are doing well more privileges and freedom, while teaching them higher levels of personal responsibility to better prepare them for life after Sober College. Our program is broken down into a primary program, an apartment program, and extended care. We also offer a Men's sober-living home after completion of the primary and apartment programs.

WEEKEND ACTIVITIES

Sober College, located 15 miles from the Pacific Ocean in Southern California, provides access to numerous and varied cultural and recreational opportunities. Residents always have outdoor activities and events to choose from for weekend activities. Houses decide by taking a group vote weekly. In the past, weekend activities have included but are not limited to:

- Beach Trips
- Amusement parks
- Skiing and Snowboarding
- Skydiving
- Movies
- Water Parks
- Double-decker bus tours of Hollywood
- Sober Dances



FACILITIES

Sober College's facilities are upscale but not overly luxurious. With flat screen television, modern renovations, and multiple bedrooms and bathrooms of all different shapes and sizes, residents are content and comfortable. The apartment program has fully furnished apartments with marble counter tops, 15-ft ceilings, and an on-site pool and Jacuzzi, making their home at Sober College somewhere they can be comfortable just relaxing and hanging out with their housemates.

LEISURE TIME

All of our housing has a wide variety of amenities to keep residents entertained during their down time. Our residential housing has:

- Reading
- Video games
- Fitness options; basketball courts, free weights, yoga mats etc.
- Art Supplies
- Step Work
- Satellite Television and Movie Channels
- Flat screen televisions
- Cards and Board Games
- Swimming Pool/ Jacuzzi

AFTERCARE

Residents who complete the Sober College program and move out on their own are encouraged to stay connected to their Sober College community and participate in our aftercare program. Each resident's aftercare program is individualized, and constructed based on input from the resident, their family, and their treatment team, which includes their counselor, therapist, psychiatrist and academic coach. Aftercare Care programs can include but are not limited to:

- Weekly sessions with therapist, psychiatrist, and/or counselor
- Transportation to and from appointments
- Alumni Activities
- Life Skills coaching: money management, apartment upkeep etc.
- Meetings with an Academic Coach
- Spectrum Fitness Club Membership

SOBRIETY & FUN IN RECOVERY



We absolutely insist on having fun in sobriety. We will destroy any misconception that being sober means enjoying life is over.



SOBRIETY

Sobriety is the basis from which our program stems, without it none of the other amazing things that happen for our residents would be possible. Many young adults come to Sober College struggling in several aspects of their life such as school, health, family relationships, peer-to-peer relationships etc., and in order to get to the bottom of these issues it is necessary for students to be abstinent from all mind altering substances. This gives Sober College students a clear head to work on themselves and learn tools, other than drugs and alcohol that they can use to deal with life's issues both past and present.

To ensure residents are maintaining sobriety they are drug tested several times a week randomly. Sober College understands that early sobriety can be difficult, but if a resident does relapse then it is dealt with accordingly, on an individual basis.

CALIFORNIA RECOVERY

California has the largest number of young adult recovery groups in the country, making it the ideal place for Sober College. Residents are taken to daily 12- Step Meetings, and encouraged to fellowship, or get involved, in the sober community. Hearing other young people in the program share their experiences while using and their path to recovery help Sober College residents relate, understand, and adjust to a sober life.

SPONSORSHIP

Residents are urged to get a sponsor who will serve as a resource that will help guide them through early recovery. It is important for residents to practice building relationships in the 12-step fellowship, and a sponsor can be both a role model and a friend to help residents meet additional supportive and inspiring people in the program.



FUN IN RECOVERY

Most newly sober young adults struggle with the idea that they can have fun without drugs and alcohol. For many students at Sober College it is the only way that they know to be social and relate to their peers. Sober College shows its residents that it is possible to have fun without using drugs by introducing them to exciting new activities, and showing them that many of the activities that they enjoyed doing while drinking and using drugs are just as enjoyable, if not more fun now that they are sober.

TRIPS AND ACTIVITIES

Located in Los Angeles County, Sober College students have access to an unlimited number of fun exciting activities such as:

- Sober Conventions; Dances, Speakers
- Music Festivals
- Art Shows
- Skiing
- Concerts
- Beaches
- Movies
- Rock Climbing
- Go-Carting
- Plays
- Skydiving
- Wind Tunnel
- Different Professional Sports Events
- Amusement Parks and Fairs
- Deep Sea Fishing
- Surfing
- Universal Studios
- Cliff Jumping
- The Hollywood Bowl

The list goes on and on. With their friends and the whole Sober College Community surrounding them, residents are able to embrace life and prove to themselves that they can have fun sober.

CREATIVE ARTS

Sober College gives residents every opportunity to get involved in different types of creative arts to help them learn to express themselves as well as bring them closer within our community.



VISUAL ARTS

We have a 400-square-foot art studio where residents can participate in several different art classes and workshops taught by our Art Director as well as a variety of specialized guest instructors. Art lessons include drawing, illustration, painting, ceramics, papier-mâché, encaustics, jewelry design, sculpture, and mixed-media projects. Classes are held twice a week and open to all residents. Our residents have access to supplies, guidance, and encouragement to create works of art and develop personal tools of healthy self-expression. Sober College hosts art exhibits for our community to showcase our residents talent, passion, and process of self-discovery as it relates to art.

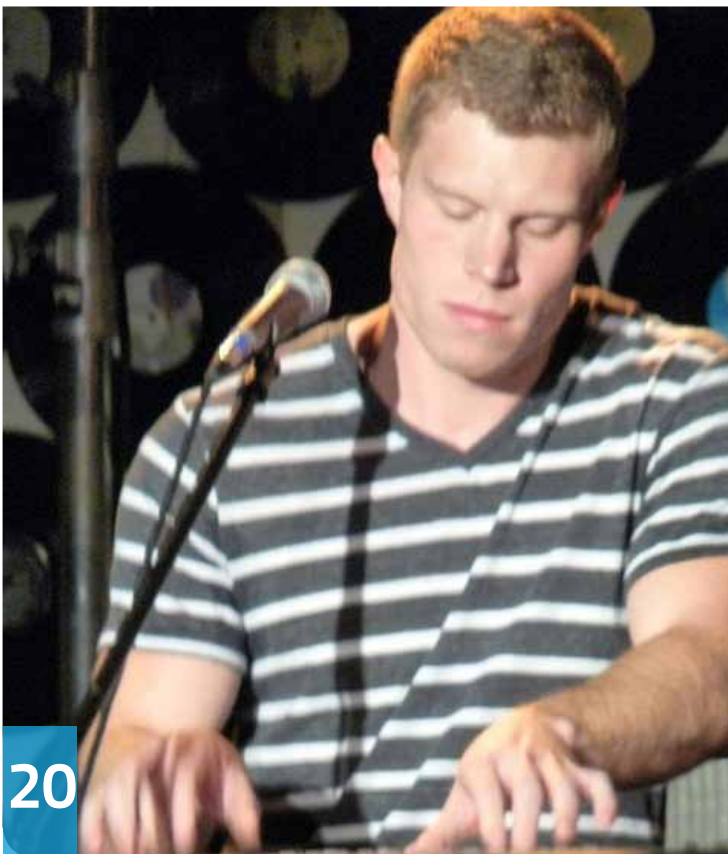
MUSIC

Sober College has an industry grade recording studio where residents are able to write, practice, play, and record music. We have a professional Pro Tools specialist who works with residents weekly. Our music director is available to work one-on-one with residents who are interested in learning or increasing their skills with piano, guitar, and/or singing. Sober College has a plethora of equipment that includes electric and acoustic guitars, drums, electric basses, keyboards, and a piano. We have monthly talent shows that correspond with our Family Weekend program where residents can showcase their abilities to friends and family. Residents are encouraged to participate in our talent shows whether or not they have prior musical experience. All talent shows are broadcasted on the internet for families and friends who cannot attend in person.



FILM

Our on-site film department director teaches residents about the ins and outs of the film industry. Students learn how to work both behind and in front of the camera, set up and use professional lighting, and digitally edit their own films. Our Film Department has completed several shorts films that have been featured in the 48 and 72 hour Film Festivals, as well as being showcased at Sober College's talents shows and premier events. Our film department might be most well known for its recovery-themed music video parodies ("Teach me how to Study", "The Things I Buy"), made in collaboration with our music department.



COMMUNITY OUTREACH

Being of service in early recovery is a key component in maintaining long-term sobriety. Sober College introduces these young adults to service work with our CORE Program early on, to help them understand and appreciate its benefits, in hopes that they will choose to continue to participate in service work.



CORE PROGRAM

CORE is a program in which the young adults at Sober College can participate in community service with various organizations. We use volunteering as a therapeutic tool to build self-esteem, enhance emotional awareness, and develop life skills, all important components to a successful recovery. Sober College residents have been of service by participating in things such as:

- Serving food at homeless shelters
- Cleaning up different parks
- Walks to raise awareness
- Assist local animal shelters
- Spending time with special needs children and the elderly

CHARACTER BUILDING

Participating in volunteer work allows the students of Sober College to see that they are capable of making a difference in the world. This realization can build self-esteem and a sense of accomplishment. Being of service while in recovery can be beneficial to the students' growth. It enables such life skills as learning to work as a team, feeling gratitude, and developing empathy.

ACCOUNTABLE TO THE COMMUNITY

Teaching young adults to be accountable to their peers, teachers, staff members, and community as a whole is a key component in the Sober College program. Being "accountable" means making commitments and sticking to them, which is a vital skill that residents will need to apply in countless situations as they move forward in life. By taking on responsibilities that affect people other than themselves, residents learn they have a purpose and that being present, both physically and emotionally, matters and can make a real difference. Giving back to community is a crucial part of the sobriety competency at Sober College.

SERVICE WORK AND SOBRIETY

There is a reason that recovery programs puts an emphasis on "being of service". It is a key component for individuals to maintain long-term sobriety. Being of service in early recovery can be something as small as making coffee before a meeting, but the benefits it has on the individual's self-esteem and their sobriety is huge. Sober College introduces these young adults to service work early on to help them understand and appreciate the benefit it has for themselves and for others, in hopes they will be willing to participate in it later on.



WOMEN'S PROGRAM



Our women's program is a place for young women to both set boundaries and push limits. We work to instill a solid foundation of integrity through sobriety while providing a forum for their goals and aspirations to manifest and grow.



SOBER COLLEGE'S UNIQUE APPROACH TO YOUNG ADULTS THROUGH A FEMALE LENS

Our Women's Program caters exclusively to young adult women. This program is designed to address the five core competencies of the Sober College curriculum (Sobriety, Emotional Well-Being, Life Skills, Productivity, and Physical Fitness), taking into consideration the unique needs and perspectives of our female clients. Our program was designed with the help of women who entered into sobriety as young adults and understand how to effectively impact and inspire young women in need of a recovery environment.

WOMEN'S PROGRAM GOALS

We want to instill a solid foundation of sobriety for our residents, utilizing the principles and traditions of recovery programs, while also providing a forum for their goals and aspirations. Sober College's Women's Program is the place for young women to both set boundaries and push limits. We foster a strong sense of community in which the women can learn to thrive in life, and gain pride in being sober.

OFFERING A WOMEN-CENTRIC CURRICULLUM

The first 90 days of treatment in our Women's Program is designed to address many issues relevant to young women in early sobriety. In addition to individual therapy, our Women's Program incorporates several groups per week specifically tailored for young -women. Group topics include but are not limited to:

- Self Esteem
- Disease Concept
- Self Care
- Boundaries
- Fear
- Sex and Love
- Resentments
- Family and Relationships
- Body Image
- Spirituality



THERAPY GROUPS

Groups are held in different forums, with several different staff members to create a well-rounded approach to recovery.

Twice a week, the Women's Program counselor leads groups addressing the needs of young women in sobriety. One of these groups explores relapse prevention through psycho-education, discussion, writing exercises, and group feedback. The second group, "Creative Counseling", engages women in exploring their addiction, self-esteem (positive and negative), spirituality, and self-care through creative exercises utilizing fine art techniques and materials.

In addition two of our therapists, male and female, each lead weekly process groups. Our female residential manager leads a weekly book study group focused on the 12 steps. Female staff leads Morning Meditation and Nightly wrap-up groups.

GENDER-SPECIFIC HOUSING AND STAFFING

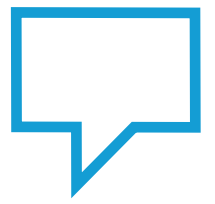
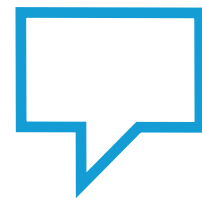
The women in our program live in upscale housing quarters that are run as sober living environments. Senior residents, who have been at Sober College for a couple of months, are available for support for the young women that first come into treatment and need guidance. The living quarters are single gender and supervised by female staff 24 hours a day.

BUILDING A COMMUNITY OF SOBER WOMEN

Staff helps each young woman find a female sponsor, who will take them through the 12 Step program. This sponsor-ponsee relationship is highly encouraged as a means of integrating sobriety into each resident's daily routine, and encouraging sober relationships with women outside of their treatment community.



FAMILY SERVICES



The families of students are in constant contact with counselors and staff to stay up to date on the progress that their child is making. They are also offered to opportunity to participate in family workshops.



COMMUNICATION

The Sober College program is designed to benefit both the residents and their families. Family members work individually and together to improve communication, let go of resentments, and develop healthy relationships during a resident's time at Sober College. Parents are in constant contact with counselors receiving updates, and discussing the progress of their child during their time at Sober College.

HOLIDAYS AND HOME VISITS

Students at Sober College are able to go home on passes for holidays, events or just for a visit with approval from both their treatment team and their family. Counselors and therapists work with both parties before a home visit to offer assistance on both ends because going home can be a challenge for everyone involved.

Sober College loves having family visits especially for our holiday celebrations. Sober College hosts Thanksgiving, Christmas, and New Years celebrations for all residents, staff, and their families. Holidays can be a difficult time for anyone in recovery, more so for those in early recovery. Sober College does what it can to make the holidays as smooth, as fun, and as safe as possible for everyone involved whether they are at Sober College or at home.



FAMILY WEEKEND

Sober College host's bi-monthly Family Weekend Workshops, where your child and family come together to participate in groups led by Sober College therapists and counselors. In this process, your family will work together to recover from the disease of chemical dependency so that you may begin to move forward into the solution. Families also have the opportunity to spend quality time together, while enjoying musical and theatrical entertainment provided by Sober College residents and staff throughout the weekend festivities.

Our Family Workshop, "On the Path to Recovery," is designed for families and their sons/daughters who are in the early stages of the recovery process. When a child or loved one is struggling with addiction the whole family is affected, family dynamic can change, and resentments are often formed. Our Family Workshops helps families address these issues in a safe environment and begin from that point with a clean slate.

ALUMNI SERVICES



Many graduates still play on the Sober College athletic teams, regularly attend Community Meeting and Creative Arts Day, and some become the staff they looked up to during their time as residents.



STAFF AND ALUMNI TESTIMONIALS

I enjoy working at Sober College I get paid to give away what was so freely given to me, sobriety. I am around some of the greatest people I know which includes both my fellow staff members and the residents I work with. I get to spend time with the residents and help and watch them grow as individuals while they learn to live life clean.

-Ian O., House Manager, Men's Sober Living

Getting sober was an up and down road for me. My last relapse was an incredibly traumatic experience for me. With the encouragement of SC staff I began working harder on my NA program, and my steps. Through this work I learned that helping people, like the staff helped me, was what I wanted to do with my life.

Currently I am in school on a path to becoming a drug counselor. I am so grateful to Sober College for giving me my life, and allowing me to discover my passion, and setting me on a path to a life greater than I could have imagined.

-Charlie J., Alumni

I just enjoy being apart of this place. Since I left Sober College, I like to come back and find ways I can help out because I love this place, the people, the program and I am grateful for everything it has done for me and my life today. Staying connected to SC helps hold me accountable to my friends and my sobriety.

-Emily H., Alumni

It is nearly impossible to sum up my experience at Sober College in a few words, but i have this to say. Never have i been more challenged emotionally, physically, and spiritually as i was at Sober College. The growth i experienced as a resident is almost unquantifiable.

I came in a broken human being and Sober College helped me gain the tools to begin putting myself back together. Sober College helped me apply and get accepted to a four-year university in California and now im on my way towards graduating.

-Jeff B., Alumni



The first day I came to Sober College, I had just been released from prison two days prior. I didn't think to highly of myself, and didn't believe I would make it in the nice community or environment of people, that made up Sober College. I defiantly felt out of my league. However the employees of Sober College believed in me and saw something in me, which I couldn't see in myself.

I came to Sober College with 6 months sober, which was the amount of time the time I was in prison. At 14 months sober, I saw Sober College giving opportunities to other fellow Sober Colleges residents that I went through the SC program with, and all of who seemed happy to be working at SC. I not only looked at my fellows, but also took a closer look at the counselors, therapists, academic coaches, and realized that they were all happy at the place they are working, and went to school to earn a degree to work at this place called Sober College. This gave me the motivation to ask for a job, which they gave me at the time, when I still didn't think to highly of myself even at 14 months sober.

With the gift of employment that SC gave me, I found happiness in work, and motivation in myself to do a good job. It also encouraged me to find a path in school, pursuing an Associates of Arts degree in the Addiction Studies program at Pierce College down the street from Sober College to become chemical dependence counselor. Not only did SC help me find a path and joy in work, but I also have three roommates who also work at SC currently and all of who are sober, and all of who became more than coworkers or roommates, they have become family. As long as I am willing to work hard, SC as always provided the next step. Over the past three years that I have been working at SC, I have moved from working as an "Overnight Mentor," to "Overnight Supervisor," to "Weekend & Evening Supervisor," and now I am currently the "Assistant Director of Operations." I am so grateful for the opportunity which SC as provided, and I know I get to see the growth in the young adults that come into SC as well as seeing something in them, which they might not see in themselves.

-Andy D., Assistant Director of Operations



ADMISSIONS

Our Admissions Department works with you to make this process as smooth as possible for your child and your family.

CONTACT INFORMATION

Sober College's Admissions Department can be reached 24 hours a day at:

800-393-7514

Our main office is located at

6233 Variel Ave.

Woodland Hills CA 91367

818.274.0304 (phone)

818.274.0309 (fax)

Visit our website at

www.sobercollege.com



MISSION STATEMENT

"We believe in providing young adults the opportunity to rigorously pursue a path to success by achieving balance in sobriety, life skills, career, emotional well-being and fitness."

WHO CHOOSES SOBER COLLEGE?

Most of our students come out of primary treatment centers or other stabilizing settings. Some may have struggled in school or at home and need a supportive environment to move forward.

WHAT TO EXPECT AFTER ADMISSION

Once stabilized, given the opportunity to succeed in the right environment, young adults can respond. We believe the right environment is age-specific and offers an authentic 12-Step Recovery approach. This is why every student is put on a restrictive schedule for their first 30-60 days. During that time, we further assess the motivation, time management capabilities and ability to manage their own sobriety.

FLEXIBLE LENGTH OF STAY

With a minimum three-month commitment for the first six months, our transitional program is designed to extend over a year. The structure of our program allows us to accommodate individuals. Call us to discuss your particular situation.



DETOXIFICATION

It is often the case that students considering Sober College have been involved in heavy use of drugs and/or alcohol that require a supervised detox process before admitting to the program. Sober College has relationships with a number of facilities that provide all levels of detoxification, from social models to hospital based medical models. In most cases, Sober College will coordinate a student's detox, once they have arrived on campus, including transportation to the medical facility and the return to our program.

LEGAL ISSUES, COURTS AND PROBATION

Many of our students have become involved with the legal and justice system as a result of poor choices during drug and alcohol use. Sober College works closely with probation officers, judges and attorneys, before, during and after the admission process. We can also accommodate compliance with community service requirements and diversion programs during our students' stay.

FAMILY STYLE LIVING ENVIRONMENTS

Young adults have an uncanny ability to "fly under the radar" and need smaller, more intimate environments to help hold them accountable and make sure they get the attention they need. Staff Members are available for support and supervision 24 hours a day.

All Sober College residential environments are considered family-style and operate under sober living criteria. This set-up allows for increased supervision and buy-in from participants. Drug testing is done randomly and residents share in household responsibilities, such as cooking and cleaning of premises.

Households will often participate in group activities. Evening meals are family style, with all participants helping with preparation and clean up. Outings, exercise related activities and outside 12-Step meetings are attended by the entire household. All this promotes core life skills, socialization skills and sobriety.



LOCATION

Location near major metropolitan areas is critical in providing a balance between attracting top-notch staff, access to young adult specific recovery and activities, close vicinity to top educational institutions yet providing support in safe environments. Woodland Hills, California, the location of our first campus, is such a place. It is an upscale community and lies only 15 miles from the Pacific Ocean in Southern California. Activities are numerous and varied and provide endless cultural and recreational opportunities.

Most importantly, the Southern California area presents one of the most exciting young adult recovery communities in the nation. Coming out of wilderness or primary treatment settings, this is the ideal location for a newly sober young adult to get connected and build a home.

ADMISSION CRITERIA

Sober College will consider young adults that are in need of supportive 12-Step Environment. In most cases, applicants will have completed a primary treatment program or wilderness program. Applicants are both male and female and have a willingness to continue their recovery process. Applicants that have had a recent relapse will be considered, depending their history of sobriety and the circumstances of their situation. Length of stay will be determined on an individual basis.

ADMISSION PROCESS

We encourage anyone who meets our criteria to apply. Applications can be accessed online and will be reviewed within 24-48 hours of receipt. Interviews with applicants, family members and professionals will be done on an as needed basis. Confidentiality is respected at all levels through the admission process.

FINANCIAL INFORMATION

Sober College offers a number of funding options, including private pay, major credit cards and private funding plans. Planning for finances is done on an individual basis. Our staff is always willing to work with applicants to explore available options.



NOTES

